

April Activities - Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

UrbanaSeniorCenter@FrederickCountyMD.gov 301-600-7020

www.FrederickCountyMD.gov/aging

Facebook: [Urbana Senior Center – Frederick County, MD](#)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.</p>			
3 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub 1:15 Book Club	4 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class Center closes at 4:30 p.m. 5:00 *Supper Club: BJ's Restaurant & Brewhouse	5 10:45 No exercise today 11:00 Artful Creations: *3-D Printing 12:30 *English Class 12:30 *Yoga Class 1:00 Cards and Games	6 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing
10 Nutrition Minute "20 Ways to Enjoy Fruits and Vegetables" 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub	11 Nutrition Minute "20 Ways to Enjoy Fruits and Vegetables" 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 3:30 Teens Teach Tech 5:30 *Pizza Dinner 6:30 Cards and Games	12 Nutrition Minute "20 Ways to Enjoy Fruits and Vegetables" 10:45 Daily Exercise 11:30 MAP: Identity Theft Noon *Spring Luncheon 12:30 *English Class 12:30 *Yoga Class	13 Nutrition Minute "20 Ways to Enjoy Fruits and Vegetables" 9:30 Color This 10:45 Daily Exercise Noon *Lunch with Nurse Steve Has my immune system stopped work? 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing
17 Health Education 101 "Be Active Adults" 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi Closing at 2:00 p.m. staff meeting	18 Health Education 101 "Be Active Adults" 10:00 *English Conversation 10:45 Daily Exercise 11:30 ADA Workstation Library 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Fried Chicken Dinner 6:00 *Inside Scoop: Ethics at the End of Life	19 Health Education 101 "Be Active Adults" 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 *Sing-A-Long Folk/Old Tyme Music	20 Health Education 101 "Be Active Adults" 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing
24 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi	25 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Pancake Dinner 6:30 Cards and Games	26 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 Movie Matinee: Singing in the Rain	27 Department of Aging Senior Centers & Offices are closed <i>(Staff Training)</i>
New Session of fitness classes start this month Tai Chi, Yoga & Line Dancing Register at the center or online: http://frederickcounty-md.gov.3dcartstores.com		Upcoming Day Trips Eastern Museum of Motor Racing Fashion Archives & Museum Like us on Facebook Urbana Senior Center - Frederick County, MD	

(see other side for program highlights)